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M E D I C I N A L L E T T E R S. I N T W O P A R T S.

P A R T I.

Contains L E T T E R S on miscellaneous Subjects, for Removing various Disorders from Human Bodies, and for the Preservation of Health.

P A R T II.

Contains L E T T E R S on the most frequent and dangerous Diseases incident to Infants and Children, Men and Women: With Directions for the Management of the Sick, and making Medicines for the Cure of the several Diseases. Intended chiefly for the Benefit of those Poor Families which can neither have the Advice of a Physician, nor the Attendance of an Apothecary.

By Dr. L O B B, Member of the *Royal College of Physicians in London.*

As we have therefore Opportunity, let us do Good unto all Men.

G A L. vi. 10.

L O N D O N:

Printed for JAMES BUCKLAND, at the *Buck* in *Pater-Noster-Row.* MDCCLXIII.



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Medicinal



Medicinal Letters, &c.

PART I.

LETTER I.

Of a Remedy for catarrhus or tickling Coughs: Addressed to the Right Honourable the Earl of MACCLESFIELD, President of the Royal Society; and read at one of the weekly Meetings.

MY LORD,

I Beg leave to lay before your Lordship, and the Royal Society, a remedy for the relief of people troubled with *Coughs*: a disorder very frequent, especially in the winter season.

It is a remedy which every one has, or may easily have in possession, at a very low price; a remedy recommended by reason, and found effectual in experience, which made me apprehend, that the communication

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nication of it will be acceptable and beneficial.

When I was making researches after the occasion of, and remedies in, *catarrhus* diseases, it occurred to my thoughts, that one of the most frequent immediate causes of *coughs* was a defluxion of humours from the salival glands, chiefly on the *aspera arteria*, which produce a tickling in the throat, and fits of coughing.

Persons under this symptom may be said to have a *catarrhus* cough; and the continuance of it brings another cause of coughing into existence. For when this humour glides down into the air vessels of the lungs, it fills, in some measure, their cavities, and it becomes, in some degree, inspissated by the continual exhalation of its minutest parts in respiration.

This humour thus thickened (and called *phlegm*) by the action of the lungs, and of the air in breathing, is, at times, raised and brought into the mouth, and excites a *coughing* as it passes to it, and is another cause of fits of coughing.

But the cause of such coughs, and their remedies, is not the subject of my present consideration; but the *catarrhus* cough, from an excess in the quantity of the salival humour, the frequent consequence of what we call a *catching cold*, which diminishes the

the discharge by the insensible perspiration : this is the point I am upon.

In considering this kind of cough, I thought, that if the salival glands, from time to time, could be emptied of the *surplus* of their contained humour, and that surplus could be conveyed elsewhere, it might prevent its falling into the throat, and into the lungs, and its exciting fits of coughing. And as a remedy for this purpose, it occurred to my mind, that chewing any sort of dry aliment might be very effectual ; because the action of the muscles in chewing makes the salival glands, and all other adjacent glandules to discharge their contained humour, and to mix it with the dry aliment that is chewed ; and that the swallowing it conveys the surplus humour into the stomach, where it will be useful to promote the digestion of our food, and to preserve the appetite for it, as well as to remove, for a time, the cause of a fit of coughing. And as by the use of this method much less of the salival humour will fall into the air vessels of the lungs, so they will much longer be preserved from the ill effects of catarrhs.

The dry aliments I chiefly use, and recommend, are biscuits of all sorts ; although the eating bread will answer the same end. And I give to my patients the following directions, *viz.*

1. To eat some mouthfuls of dry aliment as they are going to bed, which often prevents those fits of coughing that otherwise would hinder their sleep.

2. To use the same remedy in the morning, to prevent the catarrh on the throat, and to convey the salival humour into the stomach, where it will be beneficial.

3. To use this remedy likewise, when by a *tickling* in the throat they find the catarrh is coming.

I have myself many years been subject to a catarrhus cough, and frequently troubled with it; but never so seldom as since I have used the method now recommended.

It is my practice to eat some dry biscuit night and morning; and those to whom I have advised the like method have found great benefit in the use of it.

But as *catarrhus* coughs arise from a diminished discharge of the perspirable humours by insensible perspiration; so such internal medicines as attenuate the blood, and strengthen the action of the vital organs of the body, are needful for the cure of them.

The use of such medicines, with the method proposed, generally frees the patient from his cough in a short time, and he soon recovers his strength and vigour again.

But when a patient has been long afflicted with this disorder, and has totally lost his
appetite,

appetite, and is sunk down into a consumption, it is not so effectual, though always in some measure useful ; and therefore I recommend it.

Some persons have told me, that they cannot possibly swallow any sort of solid food ; however I advise them to the chewing dry aliment at the times mentioned in my directions, and to spit it out ; because their doing this will very much lessen the quantity of salival humour, which otherwise would fall into their lungs, and will prevent or shorten many fits of coughing, which would violently shock and fatigue the body.

But I will no longer take up your time, and shall only add, that I am, with great respect,

My Lord,

Your Lordship's, and the Society's

Most Obedient Servant,

THEOPHILUS LOBB.

*Bagnio Court, Newgate Street,
London, Nov. 5. 1755.*

L E T T E R II.

Of the outward Use of Rectified Spirits of Wine, for removing some Disorders from Human Bodies.

Mr. URBAN,

AS you frequently publish, in your *Magazine*, papers for promoting the ease and health of our fellow-creatures, I thought it might be acceptable to many, if I communicated some of the advantages, which, in my experience, I have observed to follow the external application of the *rectified spirits of wine* to human bodies.

I mean those *spirits* which are commonly burnt in lamps under tea-kettles, whether distilled from wine, or any other spirituous liquor, made by fermentation.

The outward application of these spirits has proved very beneficial to myself, and to others, in a variety of cases, particularly in these which follow.

1. In cramps, or convulsive contractions of the fingers or toes, and of the muscles in any other part of the body; the rubbing the parts affected with these spirits has effectually removed them.

2. In paralytic coldness, or numbness of any part of the body, the rubbing them, morning and evening, with these spirits
cold,

cold, or made warm (by setting a phial of them in a basin of very warm water) is often an useful remedy.

3. External pains on the surface of the body, or in the fingers, wrists, knees, and feet, are frequently relieved by the application of these spirits.

4. Corns have been frequently cured, and the callous substance growing round the heels removed by the constant daily rubbing them, night and morning, with these spirits.

5. Those swellings of the legs, feet, and other parts of the body, which, for a while, retain the impression of the fingers when pressed against them, are gradually abated by daily rubbing them with these spirits, as I have happily experienced in myself, and observed in others, to whom I have advised this remedy.

6. The falling off of scabs, which strongly adhere to any part of the body, and the separation of escars, are very much hastened by wetting them, and the parts next adjacent, two or three times a day with these spirits.

7. In ulcers, the application of them contributes much to their cure.

The small ulcers on the tongue, called *aphthæ*, and others on the internal superficies of the cheeks, or on the lips, and those tumours on the gums, called gum-boils,

are often soon cured by wetting them two or three times a day with these spirits, as I have experienced in myself, and have observed the same benefit in others, to whom I have advised them.

As to ulcers on the legs, wetting with these spirits the parts adjacent, where the skin is whole, without touching the sore places, morning and evening, has often been effectual to prevent putrefaction (commonly called festering) and to keep the subjacent parts sound. And when the ulcer is situated on a joint, *e. g.* the ankle, or very near it, this method is more important to prevent a *caries* of the cartilaginous extremity of the bone, and the consequent necessity of cutting off the ulcerated part, to preserve the life of the patient.

8. In gangrenes and mortifications, the application of these spirits three or four times a day, alternately with that of warm vinegar, conduces much to prevent, and to stop their progress, if they are begun.

9. Excoriations, or the fretting away the outer skin in riding, or by a very acrid humour oozing through the pores of it, are often soon healed by wetting the places affected once or twice a day with these spirits, as I have found in my experience, it being the remedy used by me on such occasions. The application will indeed excite exquisite pain,

pain, but then in two or three minutes it ceases, and the parts soon become easier.

10. They are of great service in a flux of humour from the eyes. This is a disorder I am sometimes troubled with on catching cold. When I have it, I wet my finger once or twice a day with the spirits, and gently rub my eye-brows, temples, and sides of my nose, and cross the cheek bone from my nose to the temples; and when there is only a thin dew of the spirits on my finger, I shut my eyes, and draw it over the edges of my eye-lids.

11. The piles, when they are painful, the wetting a rag with the spirits, after it has been doubled to the compass of a shilling, and applying it to the fundament for a few minutes, and then taking it away, and repeating the application as the pain shall require, has been effectual to remove it. If they bleed, and bleed too much, the same application is proper.

It may here be observed, what is well known to many, that the application of these spirits is of great efficacy to stop outward bleedings from any part of the body.

12. As to the falling down of the *rectum intestinum*, or that gut descending thro' the fundament, the application of these spirits I have known often very effectual to prevent and cure it; but then the application should

should be made only when the gut is up in the body.

I would not have it imagined, from what has been said, that I think other external applications, as fomentations, &c. needless, because I have known, that in many cases they are necessary ; but, while such are preparing, and in places where they cannot be had, spirits may be useful.

I must add, that besides the external application of the spirits of wine, in many of the cases mentioned, internal medicines will be necessary.

If there is too great a quantity of blood in the patient, so much blood may be taken away as will remove the excess.

If the lymphatic humours are too much in quantity, then gentle purgatives, or diuretics, or sudorifics, or such as increase the insensible perspiration, should be advised.

If a saline acrimony subsists in the blood, as it does when small ulcers appear on the tongue, and when pimples arise on the body or limbs, replete with a saline lymph, excreted from the blood ; and when spontaneous bleedings happen to scorbutic bodies, then those alterative medicines, which, by experience, have been found effectual for removing the morbid quality from the blood, are the needful remedies.

And if the disorder results from a laxity
of

of the vessels, then those remedies are wanted which may remove it.

What has been observed shews, that the spirits, commonly called the *rectified spirits*, deserve to be kept constantly in every family, to be always ready for immediate use.

THEOPHILUS LOBB.

Bagnio-Court, Newgate-Street, Nov. 23.

LETTER III.

Dr. LOBB's Contrivance of a sort of Muscular Exercise, the most easy, the most universal, and the most beneficial, that the Body of Man is capable of, described with Directions for the Use of it: And an Account of several Advantages obtained from it.— A sort of Exercise of vastly greater Utility to Mankind than the Discovery of the Longitude, if it was to be obtained; because that contributes to the Cure of no Disease; but this to the Cure of many, and to preserve many from them; and because sea-faring People, and those who have Merchandize in their Ships, are the only Persons who would reap the Benefit of that Discovery; whereas all People, both by Land and Sea, Men, Women, and Children, may have many Advantages from this Exercise.

Mr. URBAN,

Moderate exercise is one of the necessary means of health; but the employments of many people oblige them to a sedentary life; and in the winter seasons valetudinary persons are often kept at home by the inclemency of the weather: I propose therefore a kind of exercise which I have found very beneficial to myself, and
which

which may be used by persons of all constitutions, ages, and conditions, in all houses, and in all seasons, by which all the benefits that can result from common exercises may easily be obtained.

I have two box pullies with wood screws fixed in the ceiling of a room, at the distance of about three feet, or three and a half, and a sliding line, made of what is called curtain line, and two handles made of coco-wood, four inches and a half long, and bored through.

This apparatus cost me two shillings and two pence. The sliding line passes through one handle, then over the pullies, and thro' the other handle, and at each end it is tied with a slip knot, that the handles may be let higher or lower, according to the height of the person who is to exercise.

When I use this exercise, I begin, with lifting up my right arm, and the heel of my right foot, and then bring them down, and strike the heel gently on the floor, at the same time lifting up my left arm and heel; and thus continue an alternative moving up and down my arms and heels, so long as I see fit; which produces reciprocal contractions and relaxations of the muscles of the arms, chest, side, back, belly, thighs, legs, and feet, and likewise of all the muscles connected with them, while the exercise is continued.

I make the motions moderate as to quickness, and always count them when both heels have struck on the floor, I say *one*, when they do so again I say *two*, and so on.

I make an hundred of these motions in about four minutes, in which time I frequently find all the pores over the surface of my body opened, and a very sensible perspiration produced.

I seldom exceed the number of two hundred at one exercise; some persons indeed require more; but I advise every one to have done when they begin to sweat.

The exercise may be repeated five or six times a day, or oftener, and take up but little time.

It is an universal exercise; and the motions produced by it in all the muscles, and vessels of the body, and in all their contained fluids, are a most proper means to preserve the natural tenuity of the blood, and to destroy many morbid cohesions. It conduces much to an easy respiration, and to prevent asthmas, and other difficulties of breathing. It manifestly promotes the discharge by insensible perspiration, that copious and important evacuation from the body, as well as the other excretions from the blood. It affords great relief against that lowness of spirits, and those gloomy imaginations, with which many are afflicted,
and

and in general will be found beneficial in all those disorders which are called nervous.

It will be of singular advantage to those young ladies, who, about ten or twelve years of age, become pale in their countenances and short breathed ; weak and infirm persons may thus obtain the benefits of exercise, without tiring themselves ; and those who are advanced in life, may preserve, or recover in some measure, that agility of their limbs, which by age and indolence is often lost.

Persons afflicted with the gout, when they can stand on their feet a few minutes together, may take the benefit of this exercise daily ; and they who cannot stand, may have the pulleys so fixed, as to use them sitting, which will be of considerable service.

It may be used also by the blind, and in hospitals, where it will hasten the recovery of the sick ; likewise in prisons.

*I am a sincere Well-wisher to all People,
and, Sir, your very humble Servant,*

THEOPHILUS LOBB.

Bagnio-Court, Newgate-Street, Oct. 23.

L E T T E R IV.

Contains some farther Directions relative to the Muscular Exercise; with a farther Account of its Utility.

Mr. URBAN,

I Apprehend it may be acceptable, if I add a few things relative to that sort of *muscular exercise*, recommended in my letter of Oct. 23, and therefore must observe, that, as it is of importance rightly to order the quantity in the dose of every medicine, and the times of repeating it, for obtaining the salutary end intended, so it is of some moment nearly to determine the number of motions to be made in each *muscular exercise*, and how often they should be daily performed; but these must be varied according to the age and other circumstances of the people.

As a mean quantity for sedentary persons, which may be increased or diminished, as the different cases may require, I propose, that each exercise should consist of 200 motions of the right arm and heel upwards and downwards, and of as many of those on the left side of the body, all which will take up about seven minutes, and propose that this exercise be daily performed eight times,

times, which will take up no more than fifty-six minutes, or one hour.

If any choose to spend a quarter of an hour at a time, by performing two exercises together, and to perform the whole at four times, they may do so. Persons may perform more or fewer of these exercises in a day, as they shall find most conducive to their health. It should be remembered, that lifting up and down the heel is one essential part of the exercise.

I may now observe, that the great easiness of this sort of exercise shews that a prudent use of it may prove very beneficial to persons after their recovery from fevers, especially after the small-pox, the distemper being often terminated many days before the patients can be fit to go abroad, but they may begin the use of our muscular exercise very soon after the disease is come to its period, as the apparatus for it may be put up in any sick chamber, and as they may begin it with no greater number of motions, in an exercise, than they find easy to themselves, and may gradually increase the number of them.

This course is very proper to maintain in sufficient quantity the discharge by the insensible perspiration, to promote a due distribution of the nutritious parts of the aliments they take, and to hasten the recovery of their strength.

Persons, whose feet and legs are swelled, and pit in the evenings, and the swelling down or abated in the morning, may find great advantage from a sufficient use of our muscular exercise, as the frequent contractions and relaxations of the muscles and vessels of the parts affected, produced by it, will propel their contained fluids onward in the way of circulation, and strengthen the vessels to more vigorous contractions, and thereby prevent the slow return of the blood and lymph, through the sanguine and lymphatic veins, which occasioned the feet and legs to swell.

Our exercise, on the same account, may also be recommended to those who have a bloated habit of body, or are in danger of falling into a dropsy.

But, in such cases, exercise is only an external help. The advice of a physician, to direct remedies for altering and mending the blood, and removing the cause of the morbid symptoms is necessary.

I am, &c.

THEOPHILUS LOBB.

Bagnio-Court, Nov. 22.

L E T.

L E T T E R V.

The Muscular Exercise shewed to be one proper Remedy against the Cramp and Convulsions, against hysteric, epileptic, and other Fits.

THE *cramp* is produced by an obstruction in some of the vessels of the parts affected, which renders the motion of the blood through them slower than it ought to be ; and whatever brings the blood to flow freely again, puts an end to it.

A gentle, dry rubbing of the parts will often remove the pain : The oil of amber, or common spirits of wine, applied with a little friction, seldom fail to give immediate ease ; the strong scent of the oil is disagreeable to some persons, but there can be no objection to the spirit.

I likewise propose, as a remedy against the cramp, the use of the muscular exercise recommended by me in the *Gentleman's Magazine* for *October* and *November* 1760. If a person in the day-time is taken with the *cramp* let him immediately use that exercise, and it presently removes it by removing the obstruction in the course of the blood which produced it ; as I always found in my own experience, and in the experience of a servant to whom I advised it.

Sedentary persons, who are often troubled with the *cramp*, should at least every morning,

morning, one of the first things after they are up, and every night the last thing before they go to bed, for nine or ten minutes use the muscular exercise; an exercise the most easy, the most universal, and the most beneficial, that the body of a man is capable of.

The morning exercise scours all the cutaneous glands, or perspiratory vessels, by protruding onwards their contained fluids, and promoting a due circulation of the blood; that in the evening conduces to the same ends, and to maintain the insensible perspiration through the night, and procure quiet sleep.

In all cramps, convulsions, hysteric, epileptic, and other fits, there is both too great an influx of blood into some of the muscles, and, at the same time, too little in their antagonists; If the blood is too little in quantity, but of its proper consistence, and its circulation free and equable in all parts, the body may be weak, but I think that no cramp, no convulsions, no fits can happen.

I therefore advise the use of my muscular exercise, as one special and important remedy for all sorts of fits, for *St. Vitus's Dance*, and the rickets in children, as soon as they can learn the motions of it, which may be accomplished in a little time after they can walk about; and this remedy I
esteem

esteem of great moment for curing those swellings of the feet, legs, thighs, body, arms, &c. which retain a while the mark of an impression made by the finger. I call the muscular exercise a remedy, when an hour, at least, is daily employed in it, not all at once, but divided into seven or eight parts.

This remedy promotes an equal distribution of the nourishment from our food, and the efficacy of alterative medicines.

I will only add, that, by experience, I find that this exercise, in all its motions, may be practised without line and pulleys, &c. in any place, and is what I daily use to my great advantage.

THE. LOBB.

May 10, 1762.

L E T-

L E T T E R VI.

A Method for the speedy Recovery from Lameness by a Sprain.

Mr. URBAN,

A Sprain, (which may more properly be called a strain) whether of the foot, or hand, frequently happens among people; and, if it is great, occasions a painful lameness of the part for a while, and hinders the doing their usual business: and therefore the proposing a method which may hasten the recovery of the part strained, to its natural state, doubtless will be acceptable to the public, and of service to those who may want it.

It may lead us to a right management of the part strained, if we consider the effects of a strain, when it is very great. *viz.*

1. Such an extension of the tendons and vessels of the muscles strained, that they cannot contract themselves to their natural lengths.

2. That the great elongation of the vessels, (which deprives them of their contractive power) lessens the diameter of their cavities, obstructs the free course of their fluids through them, makes them swell, and become painful, and incapable of their usual services, or of being moved by the
acts

acts of the will, as before the accident happened.

These effects of violent strains may lead us to conclude that the best remedies are those applications which may best attenuate the obstructed fluids, recover an easy circulation of them, and sufficiently contract the elongated vessels.

For these purposes I advise vinegar, the rectified spirit of wine, such as are burnt in lamps, friction, and motion, in the following manner, *viz.*

Suppose the Ankle to be sprained.

1. Let it be fomented with vinegar a little warm, for four or five minutes at a time, once every four hours: This will render the circulation of the fluids in the parts affected more easy, and either prevent a swelling, or promote its subsiding.

2. Let the person stand three or four minutes at a time on both his feet, in their natural posture, and sometimes move the strained foot: and sometimes when sitting with his foot on a low stool, let him move it this way and that, as he can bear it: this will contribute much to contract the over-stretched vessels, and to recover a due circulation of their fluids through them.

3. Let a gentle dry friction with a warm hand be sometimes used to the parts affected, which will conduce much to the same ends.

4. Two hours after every application of the vinegar, let the part affected be just wetted with the rectified spirits of wine, and then gently rubbed.

By these means persons to whom I have advised them, have recovered from the effects of very violent sprains in a few days, as some others have been weeks in recovering by different ways of management, such as a continual resting of the strained foot and disuse of its motions.

Yours, &c.

THEOPHILUS LOBB:

Bagnio-Court, Newgate-Street, May 24:

L E T T E R VII.

An effectual Remedy for the Cure of Lameness, from a fixed Contraction of the Parts affected.

Mr. URBAN,

IN my letter published in your last *Magazine*, I considered the case of a lameness from some violent strain, which produced such an extension of some of the muscles as rendered the part affected incapable of its easy and proper motion.

I shall give you my thoughts of a lameness resulting from a contrary state of the muscles affected, *viz.* such a fixed contraction of them, as renders the part they are connected with immoveable.

It may lead us into a right notion of the cause of this disease, if we consider, that every fibre, vessel, membrane, and muscle of the body, which is dry, rigid, contracted, and immoveable, becomes such through the want of particles of fluid in their interstices, sufficient to keep them in their natural state of distention, and mobility, or moveableness.

This want of fluid in their interstices (as I apprehend) is occasioned by a viscid state of the blood's obstructions in the course of its circulation; and a deficient secretion of the lymph from it.

The internal remedies I do not now take into consideration ; but it may be observed, that those outward applications are proper, which can fill the interstice of the contracted vessels and muscles, with such a fluid as will bring them to their natural distention, and render them duly distensible and moveable.

I shall now acquaint you with an external remedy, which has been very effectual for recovering the use of a limb that had long been disabled by a fixed contraction of some of the muscles.

Many years ago, (while I lived at *Yeovill*, in *Somersetshire*) my advice was desired for a poor man's child, a boy about eight or nine years of age, one of whose legs was contracted more than when a person is sitting in a chair : He could not stretch it out, or move it ; neither could it be extended by any other, without an injury to the part affected.

I prescribed a relaxing liniment, of which currier's oil was one chief ingredient ; and ordered the parts affected to be gently rubbed with it ; but it was of no great service.

The probable just consequences of this poor boy's living without the use of that limb, very much moved my pity ; and, while I was considering what further might be done for his relief, it came into my mind that the glovers of the town brought their lamb and kid-skins (which were dry, stiff,

stiff, and hard) to be soft and supple as gloves by rubbing them with a liquor made with the yolks of eggs and water.

Hereupon I reasoned thus with myself, *viz.* Since this egg-liquor is so efficacious in removing contractions from the parts of dead animal fibres, vessels, and membranes (by art made dry, stiff, and hard) why may it not be as effectual when sufficiently applied to living animal fibres, vessels, and membranes in a state of contraction? And resolved to try its efficacy in the case of this poor boy.

I ordered the contracted parts of his leg to be gently rubbed two or three times a day with the egg-liquor; and, by this means, he easily recovered the perfect use of his leg.

This egg-liquor I advise to be made in the following manner, *viz.*

Take the yolk of a new-laid egg, let it be beaten with a spoon to the greatest thinness, then, by a spoonful at a time, add three ounces of pure water, agitating the mixture continually, that the egg and water may be well incorporated.

This liquor may be applied to the parts contracted cold, or only milk-warm, by a gentle friction for a few minutes, three or four times a day.

This remedy I have since advised in like cases, and with the like happy success; and

others to whom I have communicated it, have found the same advantages from it in such cases.

And as this communication may be useful to persons lame by a contraction of some muscles of the body, I hope it will be acceptable to you and to the public, from,

Sir, Yours, &c.

THEOPHILUS LOBB.

Bagnio-Court, Newgate-Street.

L E T T E R VIII.

An Account of the Cure of the Dead Palsy of the Right Hand in an old Man, by the same Remedy.

Mr. URBAN,

July 25, 1760.

Yesterday Mr. Morris came and returned me thanks for my account of the egg-liquor published in your last *Magazine*, p. 271, which gave me an opportunity of writing from his mouth the narrative of his case.

It proves, that the outward application of the egg-liquor (related in my former paper to you) is not only an effectual remedy against fixed contractions of any muscles of the body, but also against the palsy.

This is a discovery worthy to be communicated to the publick.

It is with pleasure I send you this very remarkable case, and with pleasure, I doubt not, you will insert it in your *Magazine*.

Yours, &c.

THE. LOBB.

Bagnio-Court, Newgate-Street.

A Remedy against the Palsy.

Mr. William Morris, of New-Street in Cloth-Fair, aged sixty-one years, a barber by trade, and the watchman in Bartholo-

mew-Close, was taken on *Friday, June 13, 1760*, about eight o'clock in the evening, with the palsy in his right hand, so far as his wrist.

He had no pain, and no feeling, either in his hand or fingers, which became useless.

He was three weeks an out-patient at *St. Bartholomew's Hospital*, and used a variety of medicines without benefit.

July the 5th he read, in the *Westminster-Journal*, *Dr. Lobb's* account of a boy cured of a lameness, by the outward application of a liquor made with the yolk of a new-laid egg and water, and resolved to try it.

In two or three days after reading that news-paper, he began the use of the egg-liquor: his wife rubbed his hand and fingers with it three or four times a day, for about a quarter of an hour; and in about a week's time he recovered the use of his hand, and became able to shave again.

Attested *July 25, 1760*, by *William Morris* and *Susan Morris* his wife,
Mary Morris his daughter.

L E T T E R IX.

Of the Inability in some Bodies of well Retaining the Urine; and of Remedies for removing it.

To the Editor of Lloyd's Evening-Post.

S I R,

IT sometimes happens, chiefly to young persons, and more especially of the female sex, that they cannot retain their water, and in the night frequently wet their beds: A disorder very uncomfortable to themselves, and an occasion of trouble in a family.

I shall therefore exemplify my method of treating such patients, by relating the case of a young Lady under my care, who was afflicted with it.

She was about twelve years of age, rather tall of her age, and very agreeable in her person. I advised her diet to be of the solid kinds of food, as much as she should like, and that she should drink no more than was needful to quench her thirst, and not to drink after seven o'clock in the evening: I prescribed for her as follows:

R. Radicis Serpentariæ Virginianæ grana quindecim; Salis Martis, Seminum Cardamomis, singulorum scrupulum unum; Gummi Myrrhæ drachmam semis; Syrupi Balsamaci quantitatem sufficientem ut fiat Mistura; ex quâ Pilulæ numero xxiv. formentur, quarum capiat

capiat tres horâ undecimâ matutinâ, et horâ quintâ post meridiem, superbibendo duas uncias Thææ cum Salviâ nobili præparatâ.

R. Gummi Arabici drachmam semis; Coralli rubri præparati scrupuli duo; Aquæ puræ uncias quatuor cum semisse; Spiritûs Vini tenuis (Anglicè, The best Brandy) unciam unam; Spiritûs Lavendulæ compositi, Syrupi Balsamici, singulorum drachmas duas, et fiat Mistura, cujus tepidè capiat cochleare unum vel duo semel in die, horâ sextâ post meridiem.

In English thus;

Take of the Virgin Snake Root fifteen grains, the Salt of Steel, the Seeds of Cardamom, of each one scruple, Gum Myrrh half a drachm, of the Balsamic Syrup a sufficient quantity, and make Pills in number xxiv. of which let three be taken about eleven o'clock in the forenoon, and again about five in the afternoon, drinking after them a tea cup (which contains four spoonfuls) of tea made with the Sage of Virtue.

Take of Gum Arabic half a drachm, dissolve it in four ounces and a half of pure Water, then add of Red Coral prepared two scruples, of the best Brandy an ounce, of the Compound Spirit of Lavender, Balsamic Syrup, of each two drachms, and make a Mixture: of which one spoonful or two may be taken, warm, about six o'clock in the evening.

When I visited this young Lady again, she was surprisngly better; and therefore

I only ordered a repetition of the medicines, and advised the continued use of them so long as it should be needful. She soon became well, and there was no occasion to prescribe for her the second time.

Such disorders are generally the consequence of a laxity of the muscular fibres of the sphincter of the bladder; that is, when there is too much fluid in the interstices of those fibres. I may add, that, at the same time, there is commonly a degree of laxity in the muscular fibres throughout the body; and, therefore, I direct such medicines as may strengthen and increase the cohesion of the compound parts of the muscular fibres, throughout the body, and as may promote the insensible perspiration: And in pursuing this intention I have found great success.

In giving the above medicines it will be proper to lessen or increase the doses of them according to the age and bulk of the patient: and, when the case is complicated with other symptoms, it may be needful to make an alteration in the proportion of some of the ingredients.

As the publishing the case related may be of advantage to some persons under the like *imbecillity*, so I hope it will be acceptable from one, who has through many years diligently laboured for the good of mankind.

O^{ft}. 28, 1762.

THE. LOBB.

L E T.

L E T T E R X.

Of Diet for the Poor, cheap, pleasant, and healthful; especially needful to be considered in long hard Winters, when many of them are hindered from their Labours, by which they earn Money to buy Food for their Families, and when the Prices of Provisions are high.

To the Editor of Lloyd's Evening-Post.

Man shall not live by bread alone, but by every word that proceedeth out of the mouth of GOD. (Matt. iv. 4.) That is, by every other thing which his Providence gives for food to men; as the Israelites did not live by bread the forty years they were in the wilderness, but on manna, which the word of the Lord provided, and sent down to them from Heaven. (Deut. viii. 2, 3.)

S I R,

I Apprehend it may be of great service to the Poor at all times, to direct them to the cheapest, the most healthful, and a pleasant way of Diet, more especially in such hard winters as the present, and whenever provisions are scarce, and the prices of them high. I advise the Poor, therefore, to observe the following general rules, *viz.*

I. That

1. That they feed much more on pulse (that is, all sorts of grain fit for our food) and other vegetable aliments, and much less on those of the animal kinds.

2. That they drink no more strong liquors of any sort, than is needful to the health and strength of their bodies.

It is a mistaken notion that drinking strong liquors is necessary for people who work hard, to keep up their strength; they may drink some moderately to keep their spirits chearful while at their labour, but the spirits of strong liquors soon pass thro' their bodies and are gone; their strength comes from, and is renewed by the food they take, and less than half the quantity of strong liquors which some men drink is sufficient for their occasion.

The Poor, in observing the directions mentioned, will every week be at much less expence, because pulse and other vegetables are much cheaper than flesh; and because, by drinking no more strong liquors than is really needful, money will be saved for better uses.

I may here observe, that most diseases are contracted by excess of eating or drinking, and the neglect of sufficient exercise; whence arise various morbid qualities in the blood.

It is very manifest, that those people are
most

most healthy, strong, and active, who are most moderate in their diet.

The experience of Daniel and his companions is a demonstration of this truth : They chose to live on *pulse* (or vegetable food) and *water* ; and, with this diet, their countenances appeared fairer, and fatter in flesh, than all those which did eat the portion of the King's meat, and drank his wine. (*Daniel*, chap. i.)

The case of Sampson is a proof that a man may be exceeding strong, without drinking any spirituous liquors. The long experience of the Rechabites, who never drank wine all their days, neither their wives, nor their sons, nor their daughters, (*Jer.* xxxv. 8.) is an undeniable evidence that people may enjoy health and strength without the use of strong drink.

It may be added, that the strength of the *Ox* for labour, the strength and sprightliness of the *Horse* for various services, (whose bodies are made of flesh and blood as ours, and whose diet is of vegetables and water) do prove, that strong liquors are not necessary to render animal bodies robust and active ; and indeed they are not necessary to those who enjoy health and strength without them : but, to many others, the moderate and right use of them is needful and beneficial ; and to Patients, in some cases,

cases, even in fevers, I have advised wine or brandy in water, to their great benefit.

It will be a very happy event if these observations shall convince people that their opinion is groundless, and prevail with them to leave off the pernicious practice which is one consequence of it.

I shall now give directions for a nourishing and healthful diet for the Poor, first specifying the materials of it, *i. e. Wheat, Rye, Barley, Oats, Beans, Pease*, and the other vegetables raised in gardens; *Milk, Butter, Cheese, Salt, Ginger, and Pepper*, and sometimes *Flesh or Fish*, and *Strong Beer or Cyder*, when the Poor want, and can afford it.

But, leaving them to their liberty of choosing their own food, and using their own cookery, I recommend to their notice the following directions, which they may follow at their discretion :

1. As to Bread. Besides the common household bread of this town, in times of scarcity, bread may be made of barley meal, or of rye, or of both mixed, and the dough made up in the form of our common loaves, or made into cakes, and baked on plates of iron, like our muffins and oat-cakes.

2. For dinners with animal food. Take one pound of a shin or neck of beef, or sheep trotters, or calves, or neats, or hogs feet, separated from the bones, or tripe, and cut it into pieces about as big as nut-

E

megs,

megs, and stew it in two quarts of pease soup, or with wheat flour, or with barley meal, or with rice, whole or in flour (if cheap) or with bread, to the consistence of what is called a *hasty pudding*, with herbs, or with or without onions, seasoned with salt and pepper, or the powder of ginger, to the palate, or seasoned with thyme, sage, or mint, and then eat with bread.

A dinner of any one of the above mentioned messes will be very nourishing, healthful, and agreeable to the palate.

The quantity may be increased, according to the number of persons in the family. They may use other parts of beef and mutton, &c. and sometimes increase the proportion of flesh when they can afford it.

I should advise all persons to conclude their dinner with eating the quantity of a nutmeg or two of old Cheshire, or double Gloucestershire cheese, on the account of its efficacy against flatulencies. I speak from my long experience, who seldom eat cheese at any other time.

As for the Children of the Poor, I advise, that sometimes their breakfast be on dry bread, and then their drink to be tea made with the bark of elm, and milk with it, especially if they have any scorbutic itching humours; and their supper to be early, and sometimes on dry bread, with baked pears or apples.

As for strong drink, that which is called Porter in this town is most beneficial, except that which is called Gill Ale; and they who must have it, I think one pint, or two at most, is a sufficient quantity in one day.

The Rev. Mr. Edward Terry (Chaplain to Sir Thomas Rowe, late Ambassador to the Great Mogul, and with him resided at that Court) gives the following account of the diet of the people in the East-Indies: He says, “ Though they have abundance of flesh and fowl, and have fish too, yet are they temperate in all of them.—They eat very little of them alone to make their full meals of them, for they dress no kind of flesh in great pieces, or whole joints, nor scarce any of their fowls whole. For boiling of flesh in water, or baking, or roasting any flesh, are pieces of cookery they know not; but they *stew* all the flesh as their kid and other venison, &c. cut into sippits or slices, or little parts, to which they put onions, and herbs, and root, ginger, (which they take green out of the earth) and other spices, with some butter; which ingredients, when they are well proportioned, make a food that is exceeding pleasing to all palates,” p. 206, 207. “ Water is their drink.”

“ The meaner sort of people there eat *Rice* boiled with their *green ginger* and a little *pepper*, after which they put butter in-

to it, which is their principal dish, and but seldom eaten by them ; but their ordinary food is made not of the flour of *wheat*, but of a coarse, well-tasted grain, made up in round, broad, and thick cakes, which they bake upon their thin iron plates, which they carry with them when they travel from place to place. When they have baked these cakes they put a little butter on them ; and, doubtless, the poor people find this a very hearty food, for they who live most upon it are as strong as they could be if they had their diet out of the King's Kitchen." p. 211, 212.

Some readers, it may be, will think this citation a digression ; but as it is relative to my subject, and may be acceptable and useful to many, I shall make no apology for it.

I shall add one piece of advice for the benefit of the Poor, such as the *Bone lace makers*, who sit many hours daily at their cushion, the women who are sewers of the gloves for the Glovers, and indeed all whose employments oblige them to pass their days in a sitting posture, and this is, to use that sort of *Muscular Exercise* I have recommended to the publick, which they may perform without any apparatus, or going out of the room where they do their business. Let them stand upright and keep their feet in the same place ; then let them
lift

lift up their right arm and heel ; and when they bring them down, lift up their left arm and heel, and continue the alternate motions for seven or eight minutes, and repeat this exercise every hour or two.

I shall now conclude this letter, and pray that GOD will incline those who are concerned, to follow every good advice, and to bless their so doing. *Whether therefore ye eat or drink, or whatsoever ye do, do all to the Glory of GOD, (1 Corinth. x. 31.)—Be not among wine-bibbers, amongst riotous eaters of flesh ; for the drunkard and glutton shall come to poverty, (Prov. xxiii. 20, 21.)*

THEOPHILUS LOBB.

Feb. 1, 1763, in the
85th year of my Life.

Medicinal Letters, &c.

PART II.

LETTER I.

Contains Directions for the Management of Infants, when they are not well, and likewise when Infants and Children have Fevers, whether Intermitting or Continual, whether with Eruptions, as the Measels, Small-pox, &c. or without; and when they have Coughs, or Convulsions Fits: With Directions for making and giving suitable Medicines to the several Cases. Whereunto are added the Extracts of some Letters, which shew, from experience, the Efficacy of some of the Remedies recommended.

Mr. URBAN,

I Propose to communicate to the Publick, a few papers on the most frequent diseases, with directions for managing the sick and an account of some of the medicines, which, through the course of a long
and

and large experience, I have found most effectual for the cure of them.

This service I shall endeavour to perform for the use of the Poor, and of such other persons as cannot have better advice : And as with a desire, so with the hope, that through the divine blessing, they may be the happy means of preserving many lives.

I chuse to put my papers into the channel of your *Magazine*, which has, for so many years, with uncommon reputation, conveyed, not only into multitudes of families, but into many distant cities and countries, things of great utility to mankind ; and thereby very much extended their usefulness.

As to Infants and Children, the subject of my present consideration, I give the following directions for the general management of them in time of health, *viz.*

1. That no roller be put round their bodies.

2. Nor any sort of stays used ; but, instead of them, waistcoats under their frocks, when they are put into short petticoats : The human body naturally growing into its best shape, and proportion of its parts, when left to itself.

3. That Infants have no shoes nor stockings, till they can run about bare-footed ; and then shoes without stockings.

4. That

4. That the diet of young Children be very plain or simple, *e. g.* milk, milk and apples, sweetened with sugar to a pleasant taste; which is a proper food, not only while they are well, but when they have the Small-pox, or Measles, or other Fevers: Likewise water-gruel made of oatmeal, with butter and sugar, as well as bread, when they are costive: or water-gruel made of fine wheat flower instead of oatmeal, or panada made with white sea-biskets, and sweetened with loaf sugar, when the stools are too many, and very thin. For dinner they may eat bread puddings, apple-fritters, &c. They may eat bread and butter, and dry bread sometimes.

Their drink may be river water, or barley water with milk, or without it. But feeding young Children with animal food, before they are two years of age, and giving them fermented, or spirituous liquors, is sowing the seeds of diseases.

When Infants or young Children have a Fever, whether it be continual or intermitting, the following general directions should be observed, *viz.*

1. To give them as plentifully as they will take it, some diluting liquor, when they are thirsty.

2. To supply them with such nutritious food as they will take most freely; because it abates the acrimony of the blood, repairs the

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the waste of the body, and is one of the best cordials; and two or three common spoonfuls of small whey, made with canary or mountain wine, may sometimes be given them. I would observe (before I describe the medicines that I shall recommend) that an ounce of any liquid mixture, contains eight drachms, or about two common table spoonfuls; that one such spoonful contains four drachms: that one drachm, or the fourth part of such a spoonful, is a dose for an Infant in the first year of its life: in the second year, the dose may be increased to half a spoonful: a Child three years old or upwards may take a whole spoonful.

The doses are to be given four times a day, at four hours distance, and the Child to drink some barley water after each: there is no occasion for its fasting, but food may be given it as soon as it has taken its medicine.

The medicines I recommend in the diseases mentioned, are the following:

A. Take eight grains of the salt of wormwood, four grains of cocheneal in fine powder, fourteen drachms of small alexiteric water (or common water) and two drachms of the balsamic syrup; of these make a Mixture for an Infant.

For a Child about two years old, this mixture may be prepared in double quantity: This mixture I have found very effectual

tual for the cure of Infants, while they live upon the breast, and after they are weaned, whether their fever be continual or intermitting : and often of great service against *convulsions*, and the *cough* ; and in regard to these last symptoms, I order the belly, the sides, and breast of the Child to be gently rubbed with warm (not hot) oil of olives, for four or five minutes, and then wiped off again ; this may be done once or twice a day, or oftner if there should be occasion ; and this is one good remedy against convulsion fits.

B. *Take salt of wormwood, salt prunella, and cocheneal, of each ten grains, small alexiteric water (or common water) three ounces and a half, balsamic syrup half an ounce ; of these make a Mixture.*

This mixture is somewhat more cooling than the former.

If the child is very costive, I omit the *cocheneal*, and order the following :

C. *Take the calx of antimony, salt of wormwood, salt prunella, of each ten grains, small alexiteric water (or common water) three ounces and half, balsamic syrup half an ounce ; and make a Mixture.*

D. *Take compound powder contrayerva, calx of antimony, salt of wormwood (or the salt prunella) of each ten grains, small alexiteric water three ounces, small cinnamon water, balsamic syrup, of each half an ounce ; of these make a Mixture.*

The

The phials, in which the powder sinks to the bottom, must be shaken before any is poured out. The mixture that is used and proves beneficial, must be repeated, and its use continued so long as needful.

When a stool shall be wanted, a glyster made of milk and sugar, or of water gruel, brown sugar, and oil of olives, may be given to the Child.

When a looseness happens, and the stools are watry, or thin and green, then the following mixture is proper, *viz.*

E. Take compound powder of contrayerva, red coral prepared, of each twenty grains, small cinnamon water three ounces and half, balsamic syrup half an ounce; of these make a Mixture.

Sometimes, instead of the coral, I direct the same quantity of fine chalk, in fine powder; and order, that half a large spoonful, or a whole one, according to the size of the Child, be given it warm after every thin and griping stool, first shaking the phial; but taking a dose of the mixture marked *A*, every fourth hour, while the fever continues.

If the Child has a cough, be it hooping or not, the mixtures marked *A. B. C.* are proper remedies in regard to it: and while the cough continues, I advise giving the Child two or three spoonfuls of a tea, made with the herb called *cup-moss*, sweetened
with

with a decoction of figs ; also, a tea spoonful now and then, of a mixture of oil of olives, with sugar, to the consistence of a thin syrup ; when the cough continues after the Fever ceases, I order two or three drops of the *balsam* of *capiivi* to be given night and morning, with some powder sugar, to a Child about four years old.

When Children have the *small-pox*, if the pustules are few, and continue increasing in bulk, and the suppuration of them proceeds well, there is no occasion for medicines ; but a suitable diet, especially milk and apples, milk-porridge, &c. with giving the Child now and then a little sack or mountain whey, may be sufficient.

If the pustules are very numerous, and the fever continues, besides the suitable diet, some medicines should be given ; and the mixture marked *B*, or that marked *D*, may be fitly given : But if the disease is the confluent kind, and a looseness happens, (often very happily for young Children) then the mixture marked *C*, is more proper.

When Children have the *measles*, they should be fed with the same sorts of diet as in the *small-pox* : if the fever continues high, the mixture marked *A*, may be given ; and in regard to the cough, which often attends this distemper, the directions before-mentioned, about this symptom, should be observed.

The following extracts may somewhat exemplify the advantages obtainable by the foregoing advices.

In the latter end of *February* last, I received a letter from a gentleman near *Bideford*, in *Devonshire*, in which he writes thus, *viz.*

“ There is a boy of six years old in this
 “ place, that has had the hooping cough
 “ ever since *September*; he is now much
 “ better; but has prodigious wind and
 “ belching on his stomach, and very severe
 “ fits of coughing at night, but no hoop-
 “ ing. I have recommended him to an
 “ apothecary for some time, but without
 “ effect. His father is an industrious poor
 “ man. This I mention to you, and it
 “ would be a very good deed to recom-
 “ mend the child to a relief; for you must
 “ know, this is a country place, where if
 “ the parents could afford advising with a
 “ physician, there is none nigher than 25
 “ miles.”

He likewise mentions, that the hooping cough has been much in the country.

February 28, I returned an answer, in which I wrote as follows :

Against the Hooping Cough.

R. *Sal Absinth.* ℥i. *Coccinella* ℥ss. *Aq. Alexiter. simple* ℥iii. ss. *syr. balsamic* ℥ss. *et. f. Mistura.* This mixture may be made in the following manner :

F

Take

Take one scruple of the salt of worm-wood, and dissolve it in a quarter of a pint of pure water, then add to it ten grains of cocheneal in fine powder, and sweeten it with white sugar to a pleasant taste.

Of this mixture, the fourth part of a common or table spoonful, may be given to a Child within the first year, four times a day, at four hours distance, with a spoonful of barley water after it. To a Child near two years old, half a spoonful may be the dose: To a Child above four years old, a common spoonful may be the dose. As for the Boy you mentioned, of six years old, he may take a large spoonful four times a day: also he may take three or four drops of the *balsam of capivi*, with powder sugar night and morning. And milk and apples are a proper food for him, that is, apples boiled in a pipkin (as if intended for sauce to roasted pork) put into very warm milk, and sweetened to his palate with sugar.

In the latter end of *June* last, I received another letter, dated *June 23*, in which, after an apology for his long silence, and some other matters, he writes thus, *viz.*

“ As to the hooping cough, it is now
“ out of our neighbourhood. The remedy
“ which you prescribed, had a wonderful
“ effect, particularly in the case of the Boy
“ I wrote to you about, of six years old,
“ who

“ who was relieved in twenty-four hours,
“ and I think cured in five or six days. I
“ recommended it to several poor people,
“ and will say, it always had success; there-
“ fore, in behalf of several poor distressed
“ families, you have my sincere thanks,
“ and may the Author of all blessings re-
“ ward your humane and charitable dispo-
“ sition.”

I will only add, that I pray God, infi-
nitely gracious, to direct, and succeed all
my endeavours for the good of mankind.

THEOPHILUS LOBB.

Bagnie-Court, Newgate-Street, Oct. 20.

L E T T E R II.

Of Fevers in Men and Women, and the two general sorts of Causes which produce them: And shewing how People may know and distinguish them one from the other; and what may be concluded from them.

Mr. URBAN,

I Have considered (in a paper published in your *Magazine* for Nov. 1761.) the *Fevers* and *Coughs* of Infants and Children, and shall now communicate my sentiments on these diseases in adult Persons; that the poorer sort of people, who cannot be at the expence of employing a physician, may know my opinion, and have my advice for the management of the sick, and for making some proper and cheap medicines for their recovery; medicines, which, in my experience, have been very effectual in restoring them to health.

There are two principal sources of Fevers: One comprehends the causes, which renders the blood and other fluids of the body *too thick*; the other includes those which make them *too thin*; and I shall shew how common people may distinguish one sort of them from the other. It should be observed, that, in all Fevers of every kind, there is a *morbid quality* introduced, and subsisting

subsisting in the blood, as the productive cause; and the proper means for curing them are such methods, and medicines, as by experience have been found effectual for removing the *morbid* quality, and recovering the sick in the shortest time.

In some persons, when there is too much blood, such bleeding may be advised as will draw off the excess, except in pestilential distempers, in which *blood letting* has proved almost always mortal, even in the bodies fullest of blood: This evacuation may be moderately used in Pleurifies, when the extremity of pain, and the difficulty of breathing shall require it.

That the common people (who generally know when persons have Fevers) may have a little more knowledge of these acute diseases, and how to distinguish one kind of them from another, the person who is to direct for the sick should carefully enquire into the state of his body: He should examine the pulse. Let him feel the pulse of two or three who are in health, and his own pulse, and then compare them with the pulse of the patient, and thereby he will come nearly to know how much it differs from the healthful standard, as to quickness or slowness, and as to its strength or weakness, and be able to deduce some conclusions which may guide his conduct, then let him learn the degree of febrile heat; and

one way to know this may be, by feeling the side of the neck below the ears, (thro' which the large blood vessels pass to and from the brain) and thus the degree of the heat of the blood may be known; and the other symptoms of the patient should be particularly enquired into.

If the heat of the body is excessive, the pulse quick and strong, and the flesh is very dry, and the pores of the skin very close, and the thirst very great, it may be concluded, that the cause which produced the Fever has rendered the blood *too thick*.

If the pulse is too quick, and not strong, and the heat of the body not great; if the tongue is very black, or dry, and the thirst is great, or if the patient voids blood by urine, or spitting, or at his nose, or by stool; or if he has *flat spots* on his skin, black or reddish in colour; or if he has a great looseness, with watery or thin stools; or if he has profuse sweats, with a sensible sinking of his spirits, and decrease of strength, it may be inferred, that the Fever is of a *putrid* kind, or that the cause of it has introduced a quality into the animal fluids *dissolvent* of their natural consistence, and relaxing the muscular fibres, weakening the action of the heart and arteries, and leading on to a putrefaction of the various parts of the body, which will soon end in death, if God is not pleased to direct and
bless

blefs proper remedies to free the blood from its *morbid diffolvent* quality.

I will only add, at present, that as all Fevers are produced by, and are depending on some *morbid quality* of the blood, so I apprehend that the proper remedies are suitable *alterative* medicines; and according to these sentiments has been my practice for more than fifty years, with a most happy series of successes.

I never expected that lessening the quantity of the animal fluid would obtain a speedy recovery of patients, whose diseases did arise from a wrong quality; and this observation I have made, as to my own patients, that those of them who had been treated with *evacuants* before they had my advice, if they recovered, they recovered their strength more slowly; but that my patients without evacuating remedies recovered from their Fevers in a shorter time, and were sooner in possession of their former strength.

The practical part of what I have to offer for the cure of such diseases in adult persons would too much enlarge this letter for one *Magazine*, and therefore I defer it to the next opportunity.

THEOPHILUS LOBB.

O^{ct}. 23, 1762.

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L E T T E R III.

Of general Directions for the Management of adult Persons under Fevers, and preparing Medicines for them; with an Account of some Remedies against intermitting Fevers, a cheap Way for the Poor to take the Bark.

§. 1. **T**HE observations premised in my letter of *October 23*, I apprehend, may be easily understood by people of a common capacity; and a due attention to them will enable persons in families to direct for the sick, with greater propriety and success.

§. 2. The general rules about the use of diluting liquors, and a nutritious diet, recommended in my paper on the Fevers of Children, should, for the same reasons, be observed in the management of adult Persons under them; and the medicines I advised for Children are proper for Men and Women under the same kinds of Fevers; (whether with eruptions, as the measles, the small-pox, &c. or without them) by increasing the proportion of the ingredients, and enlarging the doses of them, thus, *viz.*

§. 3. Take salt of wormwood, salt prunella, cochineal, of each half a drachm; common water four ounces; nutmeg-water, balsamic syrup, of each one ounce, and
 8 make

make the mixture marked B, (p. 46.) the dose to be two common table spoonfuls, once every three or four hours.

§. 4. The other mixtures, marked A, C, D, E, may be made in the same manner, and given to the sick according to the directions in that letter.

§. 5. I may recommend *salt-petre* to the poorest patient under continual Fevers, as an efficacious as well as cheap remedy.

§. 6. I shall mention one instance of its utility : A poor woman asked my advice for her husband (a man about forty years old) who had a Fever, with a violent pain in his side, and was light-headed at times.

§. 7. I advised her to get an ounce of *salt-petre*, and powder it ; then to divide it into four equal parts, and each of them into four others, for so many doses, each of which will contain about half a drachm. I directed, that she should give one of them, dissolved in a coffee-dish of sage-tea, sweetened with sugar to his palate, every three or four hours ; and when he had taken this *salt*, she came and told me that his Fever was gone, but his cough remained : I then advised her to give him about twenty drops of *balsam capivi*, with powder sugar, night and morning ; and he happily recovered.

§. 8. Intermitting Fevers, those especially whose fits return every other day, have been

been often cured with a few doses of *coche-neal*, by taking about half a drachm of it in powder, some time before the accession of each fit; and others have been recovered by taking five, six, or seven grains of the *Virginian snake-root*, three times on the days of intermission, at about four or five hours distance; and I have with success advised some of the poor to drink a coffee-dish (that is, a quarter of a pint) of tea, made with the *root of burdock*, every third or fourth hour, during the intermissions, sweetened with sugar, or not.

§. 9. This sort of Intermittents allow a good opportunity for taking the *Peruvian bark*; and that the Poor, those great objects of our compassion and charity, may have the benefit of that excellent remedy at the least expence, I advised them to the following method, *viz.*

§. 10. To buy an ounce of the best *bark*, in powder, then to divide it into eight or twelve equal parts, and to take a dose of it every third hour, during the intermissions, beginning as soon as they are quite free from a fit, in the following manner, *viz.*

§. 11. Mix a dose of the *bark* with a tea-cup of hot water, with which it will mix easily; and when it is cool enough, then let the patient drink it, and drink after it a glass of punch made in the common way, and take his meals at his usual times. Suppose

pose the time for taking the *bark* happens in the time of dining, let him first take the *bark*, and then eat his dinner. I have done so myself.

§. 12. I advise the patient to take the *bark* in the night, as well as in the day, which I have done myself several times, having a person to sit up and wake me, when the time for taking the *bark* comes.

§. 13. If the patient can take a drachm of the *bark* for a dose, without finding his stomach loaded, let that quantity be the dose ; and when he has taken one ounce, though he misses the fit, yet let the *bark* be repeated, and the doses taken at four hours distance.

§. 14. I propose, in my next letter, to consider *Hectic Fevers* with *Coughs*, commonly called *Consumptions*.

THEOPHILUS LOBB.

Nov. 18.

L E T T E R IV.

Of Consumptions or Heſtic Fevers with Coughs. The State of Things in Bodies under ſuch Fevers. Four Intentions to be purſued for the Recovery of Perſons from them; particular Directions as to Management and Medicines.

§. 15. **I** Do not pretend, in theſe papers, properly to treat of thoſe diſeaſes which are the ſubjects of them; but only to communicate ſome ſentiments, which may prevent or remove miſtaken opinions, that lead into a miſmanagement of the ſick, and to propoſe ſuch directions, as to diet and remedies, as I have found to be of great efficacy for their recovery.

§. 16. A delightful employment this! A ſervice pleaſing to our merciful God, who requires us, as we have opportunity, to do good unto all men! It is a ſervice, which may prove of great utility to many in time of ſickneſs; and the thoughts of this are pleaſing to me.

§. 17. I ſhall now take notice of *Heſtic Fevers with Coughs*, which are commonly called *Consumptions*, on the account of that great waſte or decrease of the ſubſtance of the bodies afflicted with them.

§. 18. There is in theſe conſumptive diſtempers, a quotidian intermitting Fever,
as

as there is in some persons who have no Coughs : and as in these daily Fevers, without a Cough, the Fever fit returns in some patients only once in twenty-four hours, in some twice, and in others three times, in the space of a natural day, so it happens to some persons in Consumptions.

§. 19. There are four things to be endeavoured for the recovery of consumptive people, namely,

§. 20. 1. To remove the Fever. 2. To prevent the sliding or falling down into the lungs of that watery humour, which is continually descending into them, especially in the fits of the tickling cough ; because that watery humour (in proportion to its filling the air-vessels of the lungs) does make a short and difficult breathing, and by the evaporation of the thinnest parts with the breath, becomes a very viscid phlegm : and likewise because (if it has a certain degree of acrimony) an ulceration of the lungs will be the consequence. Therefore this intention is of vast moment. And happy it is for mankind, that an easy method for this purpose has been communicated to the public.

§. 21. 3. To promote an emptying of the air-vessels of the lungs, by an easy expectoration of the viscid humour contained in them.

G §. 22. 4. To

§. 22. 4. To strengthen all the muscular fibres and vessels of the body.

§. 23. It appears, to my understanding, that when the quantity of the animal fluids is too little (as it certainly is in consumptive cases) I am not to use any means to render it less.

§. 24. All the ill consequences of improper evacuations, are so many arguments against them! Therefore I do not advise *bleeding* or *purging* my patients under consumptive diseases, but pursue the four intentions mentioned.

§. 25. 1. For removing the Fevers, (§. 20.) I advise such remedies as the following, *viz.*

Take of salt-petre one drachm, cocheneal half a drachm, pure water a quarter of a pint, the best brandy, balsamic syrup (or honey, or sugar) of each one ounce; and with them make a Mixture; the dose of which may be two table spoonfuls every third or fourth hour, whether the Fever is on or off. The Mixture also marked A. B. in my first letter (p. 45, 46.) are proper to the same end.

§. 26. As to diet and diluting drink, I recommend milk and apples, water gruel made of meal, or fine white flower, with a little butter or sugar, or cyder whey, or barley water, or ground-ivy tea, sweetened with sugar or honey, acidulated with the juice

juice of lemons, or an apple boiled in a pint of water, with one large spoonful of brandy, and sweetened as before directed, are proper liquors to quench the thirst and abate the Fever, and promote the spitting up the phlegm.

§. 27. 2. For obtaining our second purpose (§. 20.) of preventing the descent of the watery humour into the lungs in the fit of the tickling cough, I advise chewing well, and swallowing one or two mouthfuls of bread, or biscuit of any sort, so long as the tickling cough continues; and if the patient cannot swallow it, let him spit it out.

§. 28. This method (§. 27.) makes the watery humour to mix with the dry aliments, prevents its falling into the lungs, and certainly shortens the fits of coughing, procures more sleep in the night, and preserves the lungs the longer; and if this means was used constantly, night and day, from the beginning of a tickling cough, I apprehend it would prevent many Consumptions.

§. 29. I will mention another remedy, which may be sometimes used, which is this, that the patient take a piece of loaf sugar, wetted with those spirits of wine (which we burn in lamps) into his mouth; and as it dissolves swallow it: but this

should only be used by those who cannot bear chewing dry aliments.

§. 30. 3. For gaining the third intention (§. 21.) I may observe, that the remedies against *Hætic Fevers*, (*i. e.* the diluting drinks, mentioned in §. 26.) do very much contribute to this intention.

§. 31. I do likewise advise the patient to take a large tea spoonful of the following mixture, pretty often in the day.

Take four ounces of honey, half a common spoonful of vinegar, two spoonfuls of the oil of olives, and mix them well together, for a mixture to promote an easy spitting up of the phlegm; and night and morning take fifteen or twenty drops of the balsam capivi, with sugar in powder, or in a spoonful of water.

§. 32. 4. Then, to strengthen all the muscular fibres, and vessels of the body, (§. 22.) let the patient use the following mixture :

*Take of salt-petre half a drachm, salt of steel fifteen grains; dissolve them in a quarter of a pint of pure water; then add two ounces of the best brandy, and as much loaf sugar as will bring it to a pleasant taste, for a strengthening mixture. Let the patient take two spoonfuls of it about eleven o'clock in the forenoon, and at five in the afternoon, and drink a dish of tea, made of sage of
virtue,*

virtue, after each dose, sweetened with sugar as he shall like it. This mixture may be repeated two or three times.

§. 33. And let him continue taking the *balsam capivi* for three or four weeks.—I intended to communicate some advices relative to *Putrid Fevers*; but this I shall defer till my next paper.

Sir, Yours, &c.

THEOPHILUS LOBB.

L E T T E R V.

Of Putrid Fevers in adult Persons; and how they who nurse the Sick in the Families of the Poor may know them: With Directions for Management, and suitable Remedies, when the purple Spots appear, or Bleedings, or violent Loosenesses, or profuse Sweats, happen to the Sick.

Fools, because of their transgressions, and because of their iniquities, are afflicted. Their soul abhorreth all manner of meat; and they draw near unto the gates of death. Then they cry unto the Lord in their trouble: He saveth them out of their distresses. He sent his Word, and healed them, and delivered them from their destructions. Oh! that men would praise the Lord for his goodness, and for his

wonderful works to the children of men.

(*Psal.* cvii. 17—21.)

O Lord, my God! I cried unto thee, and thou hast healed me. O Lord! thou hast brought up my soul from the grave: Thou hast kept me alive, that I should not go down to the pit. Sing unto the Lord, O ye faints of his, and give thanks at the remembrance of his holiness.

(*Psal.* xxx. 2, 3, 4.)

S I R,

§. 34. **I** Shall now consider the *Putrid Fevers*, the most destructive of acute distempers, and in such a manner as may be most beneficial in the families of the Poor, by directing those who act as nurses how to manage Persons when under any Fevers of the *putrid* kind.

§. 35. These nurses may know, that the sick have a *putrid Fever* when they find the patient's pulse not strong, but the heat of his body much greater than in health, and yet his thirst great, his tongue black or of a dark brown colour, and dry; and especially if attended with one or other of the following symptoms, *viz.* 1. Purple spots. 2. Hæmorrhages, or bleedings. 3. Profuse sweats. 4. Loosenesses. Every nurse knows whether the one or the other of these happens, and I would assist them to know what is proper for them to do for
the

the relief of the sick under this or that symptom.

§. 36. But previously I may observe, that in all Fevers from dissolvent causes, (causes which weaken the consistence of the blood, and divide the globules of it into lesser, and which relax the vessels, and dissolve the union of many of the constituent parts of the muscular fibres) those things are proper remedies, which experience has proved to be effectual for preserving animal substance from putrefying: and it may be said, that our kitchen salt, the nitrous, and other salts, and all sugars and acids, have a quality preventive of putrefaction; which shews the propriety of the medicines I have recommended.

§. 37. The nurses may observe, as a general rule, that when the pulse is low and weak, and the heat of the body rather less than in time of health, and the spirits faint, then to give the patient now and then three or four spoonfuls of tea, made with a little *snake-root*, *nutmeg*, and *saffron*, and sweetened to a pleasant taste with loaf sugar, or else give as much mountain wine and water with a little nutmeg and sugar, very warm, while there shall be occasion.

§. 38. I shall now shew what is proper to be done when either of the very threatening symptoms mentioned (in §. 35.) shall occur: particularly, 1. When the nurse shall dis-

cover any flat spots in the skin, of a purple or livid colour, let her try by thrusting a sharp fine needle slowly into the middle of some of them, till the patient feels pain from the puncture of the needle. If the patient feels no pain, she may conclude, that the spots are so many mortifications, and that death will soon follow. These are called *tokens* in the Plague : They sometimes happen in the worst sort of the Small-pox, and in some other Fevers.

§. 39. When the patient feels the puncture of the needle as soon as it enters the skin, it shews, that the spots are only superficial, and that there is no Mortification; and that, although it is a bad symptom, yet the sick may recover.

§ 40. The remedies I recommended are the following *powders* and *drops* :

Take tartar vitriolated, cream of tartar, salt prunella, of each one scruple; mix and make a powder, to be divided into four equal parts for so many doses; and let one of them be given to the patient every two or three hours, mixed with the balsamic syrup, and drinking after it four or five spoonfuls of tea made with the roots of tormentill, and sweetened with loaf sugar.

Take of the dulcified spirits of vitriol one drachm, nutmeg water seven drachms, and make a mixture. Of this mixture so many drops may be given in a coffee dish full of decoction.

coction of the shavings of hartshorn, sweetened with sugar, as will make it a little sour, now and then a draught against thirst.

§. 41. Let the spots be gently rubbed with a hair pencil wetted with the following foment once in four or five hours :

Take campian powder one scruple, of the tincture of myrrh one ounce, mix for a foment : Or the spots may be wetted with the *rectified spirits of wine* alone.

§. 42. 2. The next symptoms mentioned (in §. 35.) are Hæmorrhages, or Bleedings. The nurses know when and from what part of the body this morbid evacuation of blood comes ; and as the cause of the bleeding is the same, whatever is the part it comes from, so the same sort of medicines are needful : and the *powder* and *drops* directed (in §. 40.) are proper remedies.

§. 43. 3. Profuse Sweating is another threatening symptom (§. 30.) which happens in some *putrid* Fevers. When the patient sweats abundantly, when the pulse is not strong, and when the strength sensibly decreases, and especially when they are cold and clammy, the patient is in extreme danger.

§. 44. It may be observed, that all those things which have in practice proved effectual to alter the *dissolvent* quality subsisting in the blood, are proper in this case : Besides the fore-mentioned medicines (in §. 40.)

I re-

I recommended for the same intention the following mixture :

Take of tormentill roots in powder one drachm, cocheneal half a drachm, salt of wormwood and salt prunella of each fifteen grains, pure water five ounces, the best brandy one ounce, loaf sugar so much as is needful to produce a pleasant taste ; thus make a mixture.

A spoonful of this mixture may be given to the sick once every two or three hours, while the symptom continues.

§. 45. And a coffee dish of a decoction of shavings of hartshorn sweetened with loaf sugar, acidulated with the drops (directed in §. 45.) and made warm, by quenching a red-hot piece of iron in it, may sometimes be given for a draught, with or without a little wine.

§. 46. The last symptom mentioned (in §. 36.) is a violent Looseness : And in regard to this, I may say, that the medicines advised (in §. 44, 45.) are proper remedies.

§. 47. I do not purge my patients after Fevers ; because by their preceding sickness their blood and other fluids are more or less diminished, and rendered less than in the time of their foregoing health, and therefore should not be more diminished by purging and bleeding.

§. 48. If

§. 48. If any morbid quality of the blood discovers itself by any symptom on the skin, it is an argument with me against every evacuating remedy, which makes a revulsion from the surface of the body: And I never use them for the cure of any cutaneous disease.

§. 49. And if I order any thing for a patient after his Fever is come to its period, it is some *alterative* medicine; which may at the same time strengthen the appetite and digestion, and restore the animal fluids to their usual quantity and proper quality.

§. 50. I shall now give a summary account of what has been done in my preceding letters; because of their distant publications. My *first* letter on Fevers, &c. was printed in the *Gentleman's Magazine* for *November*, 1761, p. 493; and in it I gave directions for the management of Infants and Children while they are well, and when sick of any Fever, whether intermitting or continual, whether without or with eruptions, as the Measles or the Small-pox, &c. and when they have Coughs or Convulsions; and with directions for making medicines suitable to the several cases: and the propriety of some of the remedies recommended is illustrated with a narrative of the success that has attended the use of them.

§. 51. My

§. 51. My *second* letter was on Fevers, &c. of Men and Women, printed in the *Gentleman's Magazine* for *October*, 1762, p. 456. In this letter, intended especially for the benefit of the poor families, who can neither employ a physician, or an apothecary, nor get the sick recommended and admitted into any hospital.

§. 52. In this letter I take notice of the two general sorts of the causes of Fevers: one rendering the blood too thick, and the other making them too thin; and I shew by what symptoms the common people may be able to distinguish one kind of these acute ailments from another; and how a due attention to them will guide those who nurse the sick to a right management.

§. 53. My *third* letter was printed in the *Gentleman's Magazine* for *November*, 1762, p. 513: I shew that the general rules given in my *first* letter, about diluting liquors and a nutritive diet for Children under Fevers, should be observed in the management of adult Persons under them; and do likewise shew how the medicines directed for Children are proper for adult Persons under the same kind of Fevers, and how to accommodate them to grown Persons; and likewise give some directions for the adult Persons when under Intermittent Fevers.

§. 54. My

§. 54. My *fourth* letter was printed in the *Supplement to the Gentleman's Magazine* for the year 1762, p. 609. In this paper I distinctly considered *Hedick Fevers* with Coughs, commonly called *Consumptions*, on the account of the great waste or decrease of the bulk of bodies afflicted with them, §. 17.

§. 55. And observed, that four things are to be endeavoured for the recovery of consumptive People, *viz.* 1. To remove the Fever. 2. To prevent the sliding or falling down into the lungs of that watery humour, which is continually descending into them in the fits of tickling Coughs. 3. To promote an easy expectoration 4 To strengthen the consistence of the blood, and the cohesion of the constituent parts of the muscular fibres and vessels: And have related several remedies proper for these purposes.

§. 56. Shall I conclude these letters without a grateful acknowledgement of the kind assistance I had in writing them, and the other things I have been enabled to publish for the good of mankind? God forbid.

§. 57. Ingratitude is one of the most heinous of vices; and my soul ought to abhor it: And therefore with thankfulness I will own, and give praise to Him who has been my Helper.

§. 58. It is written in the Holy Scriptures, *If any of you lack wisdom, let him ask of GOD, that giveth to all men liberally, and upbraideth not, and it shall be given him.* (James i. 5.)

§. 59. Thus directed to the right course, and thus encouraged by the Divine Liberality, and a glorious promise of success, I followed the direction, and continue to do so, and have always experienced the faithfulness and the goodness of GOD in performing his word.

§. 60. I have also used the other means of knowledge, in reading the best authors I could get, and impartially considering their different opinions, and the facts recorded by them, and what conclusions should be made from these facts, and the propositions I found to be true: And in this way of reasoning I obtained the knowledge of several things useful to me in my practice, daily praying that GOD will direct and prosper me in my studies and labours. And I do thankfully own that GOD, the fountain of knowledge, has been and is my Helper.

§. 61. *Bless the Lord, O my soul, and forget not all his benefits; who forgiveth all thine iniquities, who healeth all thy diseases, who redeemeth thy life from destruction, who crowneth thee with loving-kind-*

*kindness and tender mercies, who satisfyeth
thy mouth with good things, so that thy
youth is renewed like the eagles. (Psal.
ciii. 2, &c.)*

Glory to G O D in the highest, and on
earth peace, good-will towards Men.
Amen.

THEOPHILUS LOBB.

Feb. 18, 1763, in the
85th year of my Life.

F I N I S.

Published by Dr. LOBB,

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